2013 BENJAMIN M. KING HUMAN RIGHTS ESSAY CONTEST



"There is no end to the adventures that we can have if only we seek them with our eyes open."

Jawaharlal Nehru (1889 - 1964)

2013 Topic:

"Journey into the Past......

.......... Adventure into the Future"*



Columbus Human Rights Commission 123 Washington St. #5 Columbus, IN 47201 (812) 376-2532

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*Local winners will be entered in the National "Listen to a Life" contest

TEACHER INSTRUCTIONS

2013 HUMAN RIGHTS COMMISSION ESSAY & ART CONTESTS

This year, the Human Rights Commission is sponsoring two contests. An essay and an art contest for the students in Bartholomew County in grades five through twelve. There will be a winner for each contest - the essay contest and art contest - from each division: division 1 - grades 5 & 6 (grade school); division 2 - grades 7 & 8 (middle school); division 3 - grades 9 through 12 (high school. Students are invited to enter either the essay contest or the art contest or students may enter both. The intent of the contests is to create an awareness and appreciation of our community's diversity and for human rights. You are invited to share this information with your students and encourage their participation. You may want to include the essay and art topic in your classroom or youth group curriculum or you may want to leave it as an enrichment or special project for individual students.

- **1. ENTRY FORM:** Please make sure that each student has a fully completed entry form attached to their essay or artwork and that their name appears <u>ONLY</u> on the entry form and <u>NOT</u> on their essay or the artwork. The information on the entry form is necessary for us to contact contest winners. The entry form is at the end of **THIS** packet.
- **2. CRITERIA:** The essay will be judged for students' recognition of key human rights values and for responses, which include creativity, artistic expression and specificity in relating to the topic.
- 3. DEADLINE: Friday, Feb. 15th, 2013

Hand Delivery to the Commission:

You may hand deliver your essays or artwork to the Human Rights Commission, no later than <u>Feb.</u> <u>15th, 2013</u>. No entries will be accepted after that date.

OR

For Essay/ Artwork Pickup at Schools:

Entries for pick up should be taken to your school's office <u>Feb. 15th, 2013</u>, and marked "ATTENTION HUMAN RIGHTS COMMISSION ESSAY CONTEST/ ART CONTEST". Inform the office staff that you are leaving them for pick up by the Human Rights Commission. To arrange for your essays/artwork to be picked up, please call the Human Rights Commission office, 376-2532 prior to delivery of the essays to your school office and leave a message that you want your students' essays/artwork picked up. <u>Please call to schedule pick up by 9:00 am, Feb. 15th, 2013</u>

4. JUDGING & AWARDS: A panel of community members will judge the essays and artwork on Monday, March 11th, 2013. Essays and artwork will be assigned numbers so judges will not know the identity of the students.

Essay and art contest winners, their teacher, and their school will be notified in the days following the judging. Winners of the local Human Rights Commission's contest will receive a \$75, a collection of Dr. Martin Luther King Jr.'s essays, and complimentary tickets (for the student, his/her parents, and his/her teacher) to the Commission's Annual Dinner on April 10th, 2013 where the student will be recognized. Winning essays will be published on the Commission's website, annual report, and submitted to the National Legacy, Listen to a Life Contest. Winners will receive further information about the dinner.

If you have further questions or need other assistance, please call Lorraine Smith, Director or Frances L. Jordan, Deputy Director, # 376-2532 or https://doi.org/10.1007/jornal.org/

BENJAMIN M. KING HUMAN RIGHTS ESSAY CONTEST

2013 Essay Topic: "Journey into the Past....... Adventure into the Future"

Travel through time as you interview an older adult about their life experiences. In the present moment, the best gift you can give someone is to listen to them. You'll find out about the past – some of what you learn may surprise you! And along the way, you'll probably discover one or two timeless insights to help guide you through your own future.

LOCAL WINNERS WILL BE ENTERED IN A NATIONAL CONTEST!

Essay Contest Directions:

To enter, a 5th-12th grader interviews an older person over 50 years old (cannot be a parent; they can be a grandparent, older friend, mentor, neighbor, nursing home resident, etc.) about their hopes and goals through their life, how they achieved goals and overcame obstacles, or how dreams may have changed along the way. What life advice can the older person share? The young person then writes an essay (300 words maximum-- all words counted) based on the interview.

If you win the Human Rights Commission's contest, the Commission will submit a 300-word story based on your interview into the Legacy Project's 13th annual Listen to a Life Essay Contest. You'll send a message around the world and into the future. The Grand Prize Timeless Award includes a Lenovo computer! 10 Legacy Award winners receive a keepsake timepiece from Expressions of Time. And all winning essays become part of the Legacy Project's online Legacy Library, recording life wisdom that can make the world and our future a little bit better.

- The Toolkit includes one of the 2011-12 winning essays, interviewing tips, and possible interview questions. Use of the toolkit is optional for students and educators who find it helpful.
- Reading through last year's winning entries is a good start to crafting an appropriate
 essay. As you'll see, the judging committee isn't looking for a laundry list of dates and
 life facts. Rather, they're looking for an evocative, creative story that captures the
 essence of a person's life, or a critical moment or experience.
- To help with your entry, you can read through the Life Interview Tips and sample Life Interview Questions (you don't have to use the questions; they're designed to give you ideas and inspiration).

ESSAY CONTEST TOOL BOX



YOU MAY USE THE FOLLOWING GUIDANCE INFORMATION PROVIDED BELOW TO ASSIST YOU AND INSPIRE YOU BEFORE YOU CREATE YOU ARTWORK AND HELP YOU UNDERSTAND THE TOPIC THEME!

MATERIALISM, MOTORCYCLES, AND LEATHER



The engine revved. The smell of oil hung in the air. Anticipation clung to Curt's leather jacket. "After I bought one bike, it wasn't enough." The wind picked up speed and so did the jet black Harley. Flying by fast, he was invincible: part man, part machine – oblivious to the troubles of the surrounding world. This is enjoying life, he thought. This is love.

But no matter how hard he tried, happiness wouldn't come. The world gave him none of the promises of plenty, and skepticism was Curt's best friend.

Curt Jensen, a family friend for many years, loved motorcycles and California's highway. After buying one bike, he bought another and another and another... That sleek black, shiny finish, the oil and gasoline, the grime underneath your fingernails: perfection. In his mind, life was a highway, and a filthy one at that. A drunk and a clown, he dedicated his life to motorcycles – and ruined it. The love of his life was a Harley and a bottle of booze. Until he met Debbie.

They fell in love, got married, moved a hundred times, and were miserable. Curt's alcoholism drove Debbie to leave. But she fought for him, knowing her love was stronger than Curt's abuse. And since God had another plan in mind for them, opportunity poked its nose out of his gasoline can. And the direction of his life took a U-turn.

Curt said good-bye to alcohol and went through school, becoming a medical technician. The couple's marriage was restored and their love for each other grew. For Curt, drugs, depression, and booze had blanketed his life like a thick fog – but he conquered. He realized that "having stuff is okay, but not stuff having you." And he forever holds onto that.

TOOLKIT: LIFE INTERVIEW TIPS

http://www.legacyproject.org/guides/lifeinttips.html

"The universe is made of stories, not of atoms." --Muriel Rukeyser

Why are life stories important? Talking about our lives is how we learn more about ourselves, others, the world, and life.

Informal (simply reminiscing) or formal (an interview) life review offers a number of benefits for both young and old:

- It creates a sense of continuity, linking the past with the present and the future.
- It enables younger people to find out interesting things about their family members or members of their community, as well as the broader historical past.
- It's a way to pass on family stories and traditions, and preserve family history and cultural heritage.
- It builds self-esteem in those doing the telling and those doing the listening.
- It helps young people develop research, interviewing, and listening skills.
- It gives older people an opportunity to reflect on and assess their life achievements as well as disappointments.
- It combats the isolation and sense of loss that may come with growing older.
- It helps older people resolve conflicts and fears, and gives younger people a model for facing their own life challenges.
- It promotes intergenerational interaction and understanding.

Think about interviews you've seen (e.g. on television) and experienced (e.g. by a doctor). What makes a "good" interview? Here are some tips for doing an effective life interview:

An interview is just like talking with someone, but with prepared questions.

You can write down the answers to the questions, or videotape or audiotape the interview. Taping the interview ensures that you don't miss anything and also allows you to review the interview at a later time.

- "Triggers" are important when you're doing a life interview. It isn't enough to say, "Tell me about your life." Triggers can be many things -- questions, photographs, keepsakes, home movies, music.
- Reading an evocative or thought-provoking story together can be an extremely effective trigger.

- During an interview, ask questions slowly, giving the person time to answer.
- You can use some "closed" questions (which prompt a respondent to give only a "yes" or "no" answer), but most should be "open" questions like: "Tell me about..."; "Describe..."; "What was it like when...?"; "In what ways...?"; "Why...?" and "How...?"
- Start with easy, friendly questions and work your way up to more difficult or sensitive questions.
- Listen carefully to what the person says; don't interrupt or correct. Maintain eye contact and show interest by leaning forward and nodding.
- As you listen to answers, other questions will come to mind. Asking follow-up questions will help you get more information.
- If someone is talking about an unhappy or painful experience, show that you understand how they feel ("That's very sad"). If the person doesn't want to talk about something, that's okay -- just go to the next question.
- It's okay for there to be moments of silence or emotion. A person's life is important, and emotion is natural. Accept emotions as part of the process.
- An interview shouldn't last more than about an hour. People do best when they're not tired. You can always do another interview. Doing several interviews actually allows you to think about answers, and come up with other questions based on the answers and things that interest you.
- Don't forget to thank the person you've interviewed. They've been generous with their time and perhaps shared personal information. Let them know you value what they've shared. Send them a thank you note and even a copy of the interview (for corrections and additions).
- Review the Optional Life Interview Questions included in the Toolkit Pack. Sample questions are grouped into topic areas. A life interview is a way to connect individuals and generations. When you're doing a life interview, it's helpful to have a set of prepared questions to guide the interview. The sample questions provided are grouped into several topic areas: life events -- childhood; life events -- adulthood; identity; the present; aging; and life lessons and legacies. Depending on the purpose of your interview, various questions may be more or less useful. No single set of questions will elicit all the stories you might be interested in. The most useful questions will be those you develop through your own knowledge about the person. The trigger questions provided may be helpful as a start. They're meant to be suggestive, not absolute. Pick and choose among them as you feel is appropriate. And change the wording to suit your personality and the person you're interviewing. Also keep in mind that one question will lead to another and you should allow the interview to flow naturally from topic to topic as they come up.

OPTIONAL TOOL KIT: Life Interview Questions - Childhood/ Life Events

- What year were you born? Did your parents tell you anything about the day you were born?
- Where were you born?
- Why were you given the first (and middle) name(s) that you have?
- What's your first, most vivid memory?
- What was the apartment or house like that you grew up in?
- Can you describe the neighborhood you grew up in?
- Tell me about your parents. Where were they born? When were they born? Memories?
- Who was stricter: your mother or your father? Do you have a vivid memory of something you did that you were disciplined for?
- Did your parents have a good marriage?
- How did your family earn money? How did your family compare to others in the neighborhood – richer, poorer, the same?
- What kinds of things did your family spend money on?
- How many brothers and sisters do you have? When were they born? What memories do you have of each of them from when you were growing up?
- Did you have grandparents? Where were they born? When were they born? What do you remember about them? When did they die?
- Did you have any pets?
- What were you like as a child? What did you like to eat? What did you do for fun? What were your favorite toys or games? Did you ever have a secret place or a favorite hiding spot?
- What did you wear?
- Did you get an allowance? How much? Did you spend it right away, or save it? What did you buy?
- What responsibilities did you have at home when you were young?
- What kind of school did you go to? Were you a good student? What was your favorite subject? Least favorite? Who were your friends? Who was your favorite teacher and why?
- Did you have any heroes or role models when you were a child?
- How did you spend your summer holidays? What were your favorite summer activities?
- Where did your family go on vacations?
- How did your family celebrate holidays (e.g. Thanksgiving, Christmas, New Year, Easter, Memorial Day)? Did lots of relatives get together? What traditions did you have year after year? What food was served?
- What was the best gift you remember receiving as a child?
- What did you want to be when you grew up?
- What big world events do you remember from the time you were growing up?
- What inventions do you most remember?
- What's different about growing up today from when you were growing up?
- What dreams and goals did you have for your life when you graduated?

OPTIONAL TOOL KIT: Life Interview Questions – Adulthood, Identity

- Did you go to university or college? How did you decide what you wanted to study?
- Did you serve in the military? What did you do and what kind of experience was it?
- How did you decide what you wanted to do with your life? How do you feel about that choice?
- What was your first job? What did you like or not like about it?

- What job did you do most of your life? What did you like most about it? Least?
- How did you meet your spouse? What did you like about him/her?
- When did you get married? How old were you?
- What was the first big purchase you made with your spouse?
- What makes your spouse special or unique?
- How many children do you have? When were they born? How did you decide what to name each?
- What's your favorite story about each of your children?
- What is something funny or embarrassing one of your children said at an early age that you'll never forget?
- What's the most memorable family vacation you took?
- What do you remember about holiday celebrations? Is there one holiday memory that stands out for you?
- How did you feel about raising your children? What was the best part? The hardest part?
- What makes you proud of your children?
- How is my father/mother like me? Unlike me?
- What do you remember about me when I was born? What about when I was younger than I am now?
- What the best thing about being a parent? A grandparent?
- Do you know the meaning of your family name? Are there stories about the origins of your family name?
- Have you ever had any nicknames as a child or as an adult? Where did they come from?
- How are you like your mother? Unlike her? How are you like your father? Unlike him?
- What was most important to your parents?
- Do you feel you're like any of your grandparents? In what ways?
- How are your children like you? Unlike you?
- What do you think are your three best qualities? Your three worst?
- Which do you think you have the most of: talent, intelligence, education, or persistence?
- Do you have any special sayings or expressions?
- What's your favorite book and why? What's your favorite movie and why?
- Who are three people in history you admire most and why?
- What have been the three biggest news events during your lifetime and why?
- If you could travel into the future, would you rather see something that specifically relates to you, or something that relates to the future of the country in general? Why?
- If you won \$1 million tomorrow, what would you do with the money?
- What's the highest honor or award you've ever received?
- What's the most memorable phone call you've ever received?
- What things frighten you now? What frightened you when you were a younger adult? A child?
- Do you feel differently about yourself now from how you felt when you were younger? How?
- What do you think has stayed the same about you throughout life? What do you think has changed?

"JOURNEY INTO THE PAST...... ADVENTURE INTO THE FUTURE"

BENJAMIN M. KING ESSAY CONTEST

2013 CONTEST DIVISION:	ELEM (5-6)	MIDDLE	HIGH SCHOOL
PLE/	ASE <u>PRINT NEATLY</u> , FILLIN	G IN ALL BLANKS.	
STUDENT'S NAME:			
STUDENT'S ADDRESS:			
(Street)	(City	,	(Zip)
PARENT DAYTIME PHONE#: ()			
PARENT'S/GUARDIAN'S NAME:			
NAME OF SCHOOL/ORGANIZATION:			Grade:
NAME OF STUDENT'S TEACHER:		(required)	
PLEASE DO NOT WRITE YOUR NAME ON YOUR ENTRY! "JOURNEY INTO THE PAST ADVENTURE INTO THE FUTURE" BENJAMIN M. KING ESSAY CONTEST 2013 CONTEST DIVISION: ELEM (5-6) MIDDLE HIGH SCHOOL			
PLEASE <u>PRINT NEATLY</u> , FILLING IN ALL BLANKS.			
STUDENT'S NAME:			
STUDENT'S ADDRESS:			
(Street)		(City)	(Zip)
PARENT DAYTIME PHONE#: ()	(required)		
PARENT'S/GUARDIAN'S NAME:			
NAME OF SCHOOL/ORGANIZATION:		Grade:	
NAME OF STUDENT'S TEACHER:		(required)	

THIS FORM MUST BE ATTACHED TO ENTRIES. IT MAY BE DUPLICATED AS NEEDED PLEASE DO NOT WRITE YOUR NAME ON YOUR ENTRY